

# SAFETY MESSAGE

Your Personal Safety is our #1 priority



## **Ticks,** Compiled by USDA-APHIS-CCEP

Ticks dwell in habitats such as tall grass, bushes, brush, and woods. If you go into such habitats, follow these guidelines to protect yourself.

### **Removal**

Ticks should be removed from pets and humans as soon as they are noticed. Ticks should be removed carefully and slowly. If the attached tick is broken, the mouth parts left in the skin may transmit disease or cause secondary infection.

- Using a pair of pointed precision tweezers; grasp the tick by the head or mouth parts where it enters the skin—**DO NOT** grasp the tick by the body.
- With a slow, smooth motion, pull firmly and steadily outward. **DO NOT** twist the tick. **DO NOT** apply petroleum jelly, a hot match, alcohol or any other irritant to the tick. This can cause the tick to burrow more deeply, and expel more bacteria into the blood.
- Clean the wound with disinfectant. Monitor the bite for a rash for three to 30 days. Be alert for symptoms of Lyme disease. If a rash or other early symptoms develop, see a physician immediately.

### **Lyme Disease Symptoms**

- A slowly expanding red rash at the site of the tick bite which usually appears within a week to a month after the bite
- Flu-like symptoms such as fatigue, headache, neck stiffness, jaw discomfort, pain or stiffness in muscles or joints, slight fever, swollen glands, or reddening of the eyes

### **Tick Safety Tips**

- Tuck your pant legs into your socks and your shirt into your pants
- Wear closed shoes and light-colored clothing with a tight weave to spot ticks easily
- Inspect clothes and exposed skin frequently while outdoors
- Do not sit on the ground or on logs in bushy areas
- Use insect repellents containing DEET (Diethyl-meta-toluamide)
- Keep long hair tied back

**\*\*When you get in from the field shower and inspect your body thoroughly. Especially check groin, navel, armpits, head, and behind knees and ears. Have a companion check your back, or use a mirror.**